



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

March 15, 2010

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### THIS WEEK'S TOPIC...

#### SPARK YOUR WAY TO A 5K?

##### *5K Training Programs*

- By Jen Mueller, Certified Personal Trainer & Marathon Runner, and sparkpeople.com

Ready to walk or run a 5K but not sure where to begin? We've designed two training programs to help you get started. The first program is for individuals who want to complete a 5K by both walking and jogging the event. The second program is for individuals who want to run the entire 5K. You can find detailed training instructions for both programs below or use our [10K Training Programs](#).

- Always warm-up before each training session and finish each workout with a cool down period. "Total Time" columns for each workout do not include warm-up and cool down times.
- **Always check with your doctor before starting any exercise program.**

#### 5K Walking & Jogging Program

This 8-week program is designed for those who can comfortably walk for about 20 minutes, but want to start incorporating jogging into their program. It is a general guide and may need to be adjusted depending on your fitness level. Also adjust speed or distance as necessary.

**This program assumes you'll be walking/jogging a 5K race at the end of 8 weeks.** It also assumes you'll be jogging at a pace of at least 5 miles per hour (12 minutes per mile) or faster, and walking at a pace of at least 3.5 miles per hour (17 minutes per mile) or faster. If your pace is slower, that's okay; just add 1-2 additional repetitions during each session to make sure you cover enough distance to train for the race.

Week	Walking Interval (minutes)	Jogging Interval (minutes)	Number of Walk/Jog Repetitions	Total Time (minutes)
1	4	1	4	20
2	3	2	5	25
3	3	2	6	30
4	2	3	5	25
5	2	3	6	30
6	1	3	8	32
7	1	4	7	35
8	1	4	8	40

We recommend completing this walk/jog workout **3 times per week** (spread throughout the week, not 3 days in a row), and cross-training another 1-2 times per week. Cross-training includes other cardio activities besides running and walking, such as biking, swimming, elliptical, rollerblading and other sports.

## 5K Jogging Program

This 8-week program is designed for those who can comfortably run one-half a mile, but want to work up to a longer distance. It is a general guide and may need to be adjusted depending on your fitness level. Also adjust speed or distance as necessary. **This program assumes you'll be jogging a 5K race at the end of 8 weeks.**

Week	Day 1 (miles)	Day 2 (miles)	Day 3 (miles)	Total Weekly Miles
1	0.5	0.5	1	2
2	1	1	1.5	3.5
3	2	1.5	1.5	5
4	2	1.5	2	5.5
5	2	2	2.5	6.5
6	2	2.5	2.75	7.25
7	2.5	2.75	2.5	7.75
8	2.75	3	2	7.75

We recommend completing this jogging workout **3 times per week** (spread throughout the week, not 3 days in a row), and cross-training another 1-2 times per week. Cross-training includes other cardio activities besides running and walking, such as biking, swimming, elliptical, rollerblading and other sports.

## LEARN TO LOVE VEGETABLES: 8 TIPS

- By Nicole Nichols and sparkpeople.com

When I became a vegetarian, I could have probably counted the number of fruits and vegetables that had crossed my lips the previous 18 years on two hands. But things are different these days, and veggies are the highlight of my lunches and dinners. But it wasn't always that way. Like most people, I hated all things green and healthy. I get questions about this a lot—people calling themselves picky eaters, saying they don't like a single vegetable out there. Take it from a person who was just like you. You CAN learn to like vegetables. And beyond that, you CAN meet your daily quota in a variety of tasty ways.

**Here are 8 techniques and tips I used to like vegetables.** Try them yourself—you just might be surprised.

**Say no to plain vegetables.** One of the main reasons people don't like vegetables is because they try to eat them *plain*. If you're new to eating healthy, this is one of the worst things you can do! Most people don't have the taste buds for a plate of steamed broccoli or spinach. And why should you have to suffer through that for the sake of your health? The thing I did most when I started eating healthier was put vegetables into things I already ate: broccoli mixed in with macaroni and cheese, chopped carrots mixed in with seasoned rice mixes, and frozen spinach added to a can of soup are just a few examples. This is a great way to introduce veggies into your diet, where the flavors of the other foods you eat them with help them taste better and less noticeable. Start by adding small amounts of veggies to your standard meals, and as your taste buds adapt, you can add more and more.

**Mix your food.** If you're one of those people who neatly puts your food into distinct piles on a plate, never mixing them up, then you might hate this idea. I'm not one of those non-food-mixers myself. Most of my meals get mixed up into one big jumble, and while it doesn't look pretty, it sure tastes good. This is similar to the tip above, incorporating veggies into dishes you already eat. But sometimes you can't just add a helping of peas to, say, a turkey burger. But served as a side, you can mix bits of veggies on your plate with the other main dishes—to add flavor and mask the taste if you don't like it.

**Add some flavor.** When cooking vegetables, it usually takes just a little bit of flavor to make them more appetizing. I'm not a fan of plain vegetables either. I don't think many people are. But you can add flavor (and nutrition) to raw veggies with healthy dips like hummus (great with carrots, celery, sliced peppers, cucumbers and more) or your favorite salad dressing (yep, it works for things other than salads). When cooking vegetables, most taste great with just a little salt, pepper and garlic. But I find that sautéed onions and garlic make just about anything taste good, so I often cook those

first and then add some vegetables to the mix, which brings me to my next point.

**Learn how to cook!** I've had to teach myself how to cook as an adult. I come from a family of...whatever word exists to describe the opposite of a chef. Cooking has become quite a hobby for me and it's surprisingly fun, relaxing, entertaining and interesting. So how'd I learn to cook? Mostly by trial and error. But I can't take all the credit. I read books and magazines and would call my cooking friends to ask how to prepare a random vegetable that I bought at the store. Little by little, you'll pick up knowledge and learn how to make food taste (and look) great. Even if it doesn't come out perfectly, you'll still learn what NOT to do, and that's a step in the right direction.

**Try, try again.** Most of you are probably parents who have to deal with picky eaters on a regular basis. What most feeding experts will tell you is that a child has to try a food several different times before they might be like it. What's true for kids is the same for adults. There are foods that I swear I hated my entire life that now, I really like. I just kept trying them in new ways, in different combinations, etc. I used to think I hated strawberries because I had never had a strawberry that I ever liked. But a couple years ago, I was on a mission to find that perfect strawberry, because I just knew I'd like it if I just found a good one. And what do you know—I did. And in the process I learned that, to me, organic tastes best. And so does freshly picked berries in summer (when they're at the peak of freshness and flavor), so I only eat them then. I also learned what color they should be to taste perfect. This is just one example of how you can't write off a food, especially if it's been a very long time since you last tried it.

**Learn the seasons.** Seasonal food is fresher, healthier, and all around better tasting. Strawberries in winter and pumpkin in summer doesn't make much sense, even if you find it in the grocery. Go to your farmer's market and talk to the growers of all things green. They'll tell you what's good and how to eat it too.

**Look for veggie-packed dishes when dining out.** Restaurants sure know how to make anything taste good, and that applies to vegetables too. Think outside the box. Order a vegetable side dish or a vegetarian meal instead of your usual meal. I learned that even though it looks weird and kinda gross, I sort of like eggplant sandwiches. I haven't learned how to make them on my own yet, but a local restaurant sure does a good job, so I'm leaving it to them.

**Do some reading.** I recommend the following resources to help you love veggies a little more.

- [Vegetarian Times](#) Interestingly, most of their subscribers aren't vegetarians—just people interested in eating more vegetables or healthy food in general. I adore this magazine, which is more than just recipes. It's chockfull of cooking techniques and tips, interesting bits of information about food, and a super eco-friendly spin. I'd recommend it to anyone interesting in eating healthier.
- [Vegetarian Cooking for Everyone](#) by **Deborah Madison** I recently picked up this cookbook, but like the magazine above, it's far more than recipes. Learn cooking tips, food preparation techniques, and all sorts of useful kitchen information, such as how to cook and prepare beans, homemade bread and seasonal foods.
- [In Defense of Food](#) by **Michael Pollan** Need inspiration to eat more plants? Look no further.

## **Weight Loss Challenge Winner of the Week:**

Last week's winner was **Cheryl Truman**. Cheryl lost 1.59%! Congratulations Cheryl! Enjoy your two free classes.

## RECIPES

### BEEF AND BROCCOLI STIR-FRY

- 8 oz uncooked whole wheat spaghetti
- 1 teaspoon canola or vegetable oil
- 3/4 lb boneless beef top sirloin steak, trimmed of fat, cut into 1/8-inch slices
- 1 large red, yellow or orange bell pepper, cut into 1-inch pieces
- 1 small onion, cut into 1/4-inch wedges
- 1 bag (10 oz) Cascadian Farm® frozen organic broccoli florets
- 1/3 cup water
- 1/4 teaspoon crushed red pepper flakes
- 1/3 cup reduced-sodium teriyaki sauce
- 2 teaspoons cornstarch
- 2 tablespoons chopped green onions (2 medium)

1. Cook and drain spaghetti as directed on package; cover to keep warm.
2. Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat. Add beef; cook and stir 1 to 2 minutes until beef is no longer pink; remove from pan.
3. Add bell pepper and onion to skillet; cook and stir 1 minute. Add broccoli; cook and stir 1 minute longer. Stir in water and crushed red pepper. Reduce heat to low; cover and cook 3 to 4 minutes or until broccoli is crisp-tender.
4. In small cup, mix teriyaki sauce and cornstarch. Stir teriyaki sauce and beef into broccoli mixture in skillet. Cook and stir over high heat until sauce is thickened and heated through. Toss broccoli mixture with spaghetti. Garnish with green onions.

Servings 4. Calories 410, 2 Starches, 3.5 Protein, 2 Vegetable.

### SALMON AND ASPARAGUS SALAD

#### Maple-Dijon Dressing

- 1/3 cup maple-flavored syrup
- 2 tablespoons Dijon mustard
- 1 tablespoon olive or vegetable oil

#### Salad

- 1 lb salmon fillet (1/2 inch thick)
- 1 lb fresh asparagus spears
- 4 cups baby salad greens
- 1 cup shredded carrots (about 1 1/2 medium)
- 1 hard-cooked egg, cut into 8 wedges
- Freshly ground black pepper, if desired

1. Heat gas or charcoal grill.
2. In small bowl, mix all Maple-Dijon Dressing ingredients with wire whisk.
3. Cut salmon crosswise into 4 pieces. Brush salmon with 1 tablespoon of the dressing. In large bowl, toss asparagus and 1 tablespoon of the dressing. Place asparagus in grill basket (grill “wok”).
4. When grill is heated, place asparagus and salmon, skin side down, on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook asparagus 7 to 10 minutes and salmon 10 to 15 minutes, shaking grill basket or turning asparagus occasionally, until asparagus is crisp-tender and salmon flakes easily with fork.
5. Slide pancake turner between salmon and skin to remove each piece from skin. On 4 plates, divide salad

greens, carrots and egg. Top with salmon and asparagus. Sprinkle with pepper. Serve with remaining dressing.

Servings 4. Calories 330. 2 Vegetables, 2 Starches, 2.5 Med. Protein, .5 Fat

**Recipes from [www.eatbetteramerica.com](http://www.eatbetteramerica.com).**

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